

Let's 'kill' Epictetus!

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." ~ Epictetus

This is terribly pessimistic. looking forwards in life keeps one going, if you were to just relax and say you are happy with what you have, are you really happy? i know one thing that really makes people happy - shopping! i know the brain releases chemicals when you spend money or get promoted or make your way in life - all you got to do is realize that you are in fact improving your life.

If you were to be happy with what you have, you will never amount to anything. it is like discovering fire and gloating over it for life, instead of teaching others to make fire, yes?

If people lay back and relaxed the whole time in the lifestyle they have, then they would just fizzle out. everything would fizzle out. rail ways will fizzle out, for example, as nobody would care to fix them, then say they are happy with walking. the problem there is that hatred of walking is what made them build the railways in the first place.

Now, a wise man, it is said like to learn. he has knowledge, why not get some more? he has a meal, how about another one? dreams can come true, and nothing makes you happier than getting them.

Of course, this is not what is meant by the 'epic guy.' he means you should be thankful for what you have. if you are not thankful, you will be bitter, but, if you are thankful, will you plan to be thankful again? if you were to plan to be thankful, well, that is charity for yourself. you should not only be thankful, but thankful for such things in the world to covet. if you were to rely on your charming smile and smooth wording to get you into a position where you are thankful, you are a child. so...

Instead of being thankful, be a provider. this is the real way to live, as a parent. if you are not a provider, you are a taker, not adding to god's kingdom, man's plans or the earth at all. if you are thankful though, it shows humility, and, makes you relax. is that what you want? the rich people, the people with the influence, want to be remembered. this must be the purest goal of all, as they have everything already, so choose to covet their memories in the lives of others. to make an impact, like the nelson mandela children's trust or whatever you call it. is there one? are you thankful? good.

Musical taste.

The way i see it, we all like the same music! it is just that we identify some music with ourselves, and other not.

I like all types of music. that is because i can place myself at any place musically with anyone. this is because i understand that we all like the same music.

When we say we do not like a certain type of music it is because we feel we do not fit in there. "what is this crap?" is actually saying that you would never say, do, or idolize that person, sound or 'message.' no music has a message though, as messages are thought up after the song is written, as, then they remind you of something. well, that is the way i see messages...

Now, if you do like a song, it is because it excites you, in the case of a

teenybopper, it might relax you, in the style of an old man, or it might make you day dream of being in a place with these people? that is the only elitism there is, like a message, it is made up nonsense.

Are you saying you don't listen to the radio? do you like any of the stuff they play? of course, you will find songs better than other songs, yes? so, you place one song over another because you enjoy the way it makes you feel.

Of course, some music makes you feel the same way over each genre, so, if you were to like feeling excited, you would like other music that makes you feel excited. this is down to the mood you are in, or, where you identify yourself interacting with others with the music in the background.

Proteins.

Okay, proteins are made of amino acids, so therefore break things down, as that is what acids do. they break things down into a liquid, as that is what you find in your blood, as our bodies are mainly liquid based.

If a protein was to break down every type of food, maybe some are better at different types of foods or cells than others? maybe we can make a protein a disease fighting thing? they are acid based, so, will be able to destroy other cells?

I suggest we try to fuse a red blood cell and a protein. this will take the protein to the disease, and it will break it down into non functioning parts. is this a good idea? i hope so...

So, proteins fold into three dimensional shapes. this is because all proteins are three dimensional too, so there is no news here. if you were to see them fold into 'spirals' and stuff. these molecules also merge with an oxygen atom, as they need to supply oxygen, as, that is like water for a plant in the 'cell stream' or blood stream.

If you were to observe that they stay close together, that is because they have many interconnections, and, need to stay close. all proteins are green, because, they are, well, why do different things come in different colors? if we were to observe that they are all green, white, red and yellow inside the body, what does that mean?

I suppose it means that it's insides are being seen? if our skin was to be peeled off, we would be yellow, and then white, and then red. where does green come into it? plants leaves are green, so, if there is a biological constant, we would have to say that green is something that absorbs or breaks down other things? how about if we observed that we can have green eyes too? if we were to observe that plants are just green, brown, yellow and white, and the flowers are red, then what would that mean? there has to be a biological constant!

If we were to observe that white means the first step of biomass, like bones and puss, and red means the next step up, then green, then yellow and then white outer layers, what does it all mean? i would hazard a guess that these are the levels of biomass that indicate how protected they are. if they were more vulnerable, they would be closer to a inner color. we could also say that these colors are evident in animals too, with mainly black being the outer 'shell' of insects. i know flies have red blood, yes? if we were to observe the other things in nature, well, water is white or blue, depending on where you see it, and mountains are brown. aha! if you look under the levels of the earth, you will find some clay and stuff, and it gets progressively darker. this would mean, that, these are natural colors! in nature, white should be darker than red, and so forth,

due to the shade of it all, yes? the darker it is, the further to the surface of your skin it is. this could be to protect it from the sun or the cold, maybe? this could help color code chemistry and biology for easy use! some things are a known color, therefore have a certain order, and, will come in a certain sequence. there has to be a color coding for all biology...

Maybe if we were to observe the zygote growing into a baby, we could see the order of 'life colors?' i am sure all doctors know what these are, as it is obvious to them.

Surgery.

When you operate on someone, you got to know where the problem is.

 Quote by: <http://en.wikipedia.org/wiki/Surgery>

Prior to surgery, the patient is given a medical examination, certain pre-operative tests, and their physical status is rated according to the ASA physical status classification system. If these results are satisfactory, the patient signs a consent form and is given a surgical clearance. If the procedure is expected to result in significant blood loss, an autologous blood donation may be made some weeks prior to surgery. If the surgery involves the digestive system, the patient may be instructed to perform a bowel prep by drinking a solution of polyethylene glycol the night before the procedure. Patients are also instructed to abstain from food or drink (an NPO order after midnight on the night before the procedure, to minimize the effect of stomach contents on pre-operative medications and reduce the risk of aspiration if the patient vomits during or after the procedure.

Some medical systems have a practice of routinely performing chest x-rays before surgery. The premise behind this practice is that the physician might discover some unknown medical condition which would complicate the surgery, and that upon discovering this with the chest x-ray, the physician would adapt the surgery practice accordingly.[1] In fact, medical specialty professional organizations recommend against routine pre-operative chest x-rays for patients who have an unremarkable medical history and presented with a physical exam which did not indicate a chest x-ray.[1] Routine x-ray examination is more likely to result in problems like misdiagnosis, overtreatment, or other negative outcomes than it is to result in a benefit to the patient.[1] Likewise, other tests including complete blood count, prothrombin time, partial thromboplastin time, basic metabolic panel, and urinalysis should not be done unless the results of these tests can help evaluate surgical risk.[2]

So, once you know where the problem is, you prepare to operate. this is done with 'markers' to designate the place to be operated on, or where to cut. a patient is always given pain killers or is sedated so that they will not suffer too much pain. all you got to know about, is what sick things look like. once you have gotten the body working properly again - all the incorrectly colored parts of the body are drained of anything that is wrong with them, like puss or whatever, then you need to find the place where it fits, and;

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reconnection of organs, tissues, etc., particularly if severed. Resection of organs such as intestines involves reconnection. Internal suturing or stapling may be used. Surgical connection between blood vessels or other tubular or hollow structures such as loops of intestine is called anastomosis.

So, you found your problem, you go in, clean it up, and sew them up again. of course, you could also use a very hot 'pin' to get the blood vessels and other things that you saw before you got into the body to reconnect with them.